

Psychosocial Rehabilitation and Recovery Center (PRRC), San Francisco VA HCS

Empowering Veterans to build meaningful lives in their communities.

Website: <https://www.sanfrancisco.va.gov/services/prrc.asp>

July 5—September 22

Summer Quarter 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
9:00-9:50	9:00-9:50	9:00-9:50	9:00-9:50		9:00-9:50
Addictions 101 (1) Amy	Coping with Voices and Worries (5) Elena & Sarah E.	DBT Part 2: Mindfulness (9) Alli & Natalie	Seeking Sanctuary (14) Dan & Jackie		Civic Participation (19) Dan
10:00-10:50	10:00-10:50	10:00-10:50	10:00-10:50		10:00-10:50
DBT Part 1: Distress Tolerance (2) Alli & Case	Workplace Skills (6) Micke & Alli	Blueprint for Recovery (10) Jackie	Happiness Boot Camp (15) Amy & Natalie		Sounds of Recovery (20) Dan & Jackie
11:00-11:50	11:00-11:50	11:00-11:50	11:00-11:50	11:00-12:15	11:00-11:50
Ending Self-Stigma (3) Miriam & Case	Health Forum (7) Jackie & Heather	Building a Meaningful Life (11) Alli & Sarah E.	Recovery in Young Adulthood* (16) Elena & Micke	Women Create* (17) Miriam & Natalie	<i>No Scheduled Class</i>
<i>Lunch Break</i>	<i>Lunch Break</i>	<i>Lunch Break</i>	<i>Lunch Break</i>		<i>Lunch Break</i>
1:00-1:50	1:00-1:50	1:00-1:50	12:30-2:00		1:00-1:50
Self-Compassion (4) Elena & Natalie	CBT for Insomnia (8) Sara & Micke	Food & Fitness (12) Amy & Jackie	Story Corps (18) Dan		<i>No Scheduled Class</i>
2:00-2:50	2:00-2:50	2:00-3:15	2:00-2:50		2:00-2:50
<i>No Scheduled Class</i>	<i>No Scheduled Class</i>	Visual Journaling (13) Natalie & Micke	<i>No Scheduled Class</i>		<i>No Scheduled Class</i>

[Click Here to Join VA Video Connect](#)

Join by phone (audio only): +1 866-304-9173

CONFERENCE ID: 032103258 PIN: 904792

Technical problems? Call 1.866.651.3180 and press option 1.

Can't attend group today? Call 415.750.2226.

Classes with * require additional screening.

Psychosocial Rehabilitation and Recovery Center (PRRC)

San Francisco VAHCS

Individual Services

Evidence-Based Psychotherapy

Meet with a psychotherapist (psychologist or social worker) for weekly individual therapy (i.e. CBT, IPT) to help cope with various mental health challenges and pursue your goals.

Contact person: Elena Bassett, PhD, ext. 25136

Cognitive Skills Coaching (Cognitive Rehabilitation)

Cognitive skills are the skills you use to think, learn, remember, pay attention, and problem-solve, and can be improved with practice and coaching.

Individual Tobacco Coaching

Meet with a former smoker and tobacco coach to explore your options and create a rock-solid plan in a fun, no-pressure environment. 100% of former smokers never quit quitting!

Contact person: Amy Rogers, OTR/L, ext. 23150

Supported Employment, Supported Education & Supported Volunteering

Meet with a coach to get assistance in pursuing your education (college, high school/GED, vocational, skills training, employment (full-time, part-time, casual), or volunteering goals.

Contact person: Your PRRC Recovery Coach

Whole Health Coaching

Meet with a trained Health and Wellness Coach to identify and follow through with your health and wellness goals, based on what matters most to you.

Contact person: Jackie Kempis, RN, ext. 23207

Housing Consultation

Consult with Miriam Beyer, LCSW, on VA and community resources for Veterans who are currently experiencing homelessness or who are at risk of homelessness.

Contact person: Miriam Beyer, LCSW, ext. 25166

Peer Support

Talk with a peer support specialist, a Veteran who has coped with their own mental health challenges, who has been trained and certified to provide peer support to others.

Contact person: Lloyd Walker, CPSS, (415) 509-9587
